PARABODY INC.

SELECTORIZED LEG CURL & EXTENSION
068

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- **3/4 INCH SOCKET**
- **9/16 INCH SOCKET**
- **1/2 INCH SOCKET**
- **ADJUSTABLE WRENCH**
- **5/32 ALLEN WRENCH**
- **HAMMER or RUBBER MALLET**

REVISION: D

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

068 SELECTORIZED LEG CURL & EXT. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	1
2.	3/8 X 3-1/4 IN. BOLT	5
3.	3/8 X 3 IN. BOLT	10
4.	3/8 X 2-3/4 IN. BOLT	2
5.	3/8 X 2 IN. BOLT	3
6.	3/8 X 1-1/2 IN. BOLT	1
7.	3/8 X 1 IN. BOLT	2
8.	5/16 X 1 IN. BOLT	1
9.	3/8 IN. WASHER	27
10.	5/16 IN. WASHER	2
11.	3/8 IN. LOCK WASHER	23
12.	5/16 IN. LOCK WASHER	1
13.	1/2 IN. LOW HT. LOCK NUT	1
14.	3/8 IN. NUT	18
15.	5/16 IN. NUT	1
16.	13/16 IN. SHAFT COLLAR	2
17.	FLANGE BEARING	2
18.	WEIGHT STACK PIN	1
19.	KNOB	2
20.	PLUNGER	2
21.	SPACER	8
22.	SPRING	2
23.	COTTER PIN	2
24.	3/4 IN. STAR LOCK COLLAR	6
25.	1 X 8 IN. GRIP	2
26.	1 X 5 IN. GRIP	2
27.	2 IN. SQ. END CAP	7
28.	1-1/2 IN. SQ. END CAP	4
29.	RUBBER O-RING	2
30.	1-1/4 IN. SQ. RUBBER BUMPER	1
31.	WEIGHT STACK CUSHION	2
32.	3/4 I.D. PLASTIC WASHER	4
33.	WEIGHT PLATE BUSHING	30
34.	LUBRICANT	1

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32. **LOOSELY** assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY and one (1) 2-7/8 IN. CABLE RETAINING CLIP to the **PULLEY MOUNT FLAT** on the **BASE RUNNER** of the **BENCH FRAME** as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DETAIL E)**

33. **LOOSELY** assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY **BETWEEN** the **PULLEY MOUNT FLATS** on the **BASE RUNNER** of the **BENCH FRAME** as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DETAIL H)**

34. **SECURELY** assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY between the **PULLEY SUPPORT TABS** on the **BENCH FRAME** as shown on drawing, using one (1) 3/8 X 3-1/4 IN. BOLT, two (2) SPACERS, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DETAIL G)**

35. To install the **PRIMARY CABLE** start by attaching the end of the **CABLE** with the **THREADED FITTING** to the **HEAD PLATE ASSEMBLY**. Thread the **STUD** into the **WEIGHT STACK SHAFT** and tighten completely. **(SEE DETAIL C)**

- Pull **CABLE** up through the large hole in the **GUIDE ROD SUPPORT PLATE** directly above the **WEIGHT STACK**, and over and down the two (2) **TOP PULLEYS** of the **TOP BOOM** of the **MAIN UPRIGHT**.

- Pull **CABLE** under and around the **PULLEY** on the **UPRIGHT TUBE** of the **MAIN UPRIGHT** to the **PULLEY** on the **BASE RUNNER** of the **BENCH FRAME**. **(NOTE: MAKE SURE THAT THE CABLE IS UNDER THE CABLE RETAINING CLIP)**

- Pull **CABLE** around the **PULLEY** on the **BASE RUNNER (SEE NOTE ABOVE)** to the next **PULLEY** on the **BASE RUNNER**. Pull **CABLE** under that **PULLEY** and up and over the last **PULLEY** between the **PULLEY MOUNT TABS**, to the **CAM** of the **LEG PEDESTAL**.

36. Attach the **CABLE** to the **CAM** of the **LEG PEDESTAL** as shown in **(DETAIL D)**, using one (1) 5/16 X 1 IN. BOLT, two (2) 5/16 IN. WASHERS, one (1) 5/16 IN. LOCK WASHER, and one (1) 5/16 IN. NUT. **(NOTE: FOLLOW THE CABLE ROUTING DIAGRAM TO HELP COMPLETE STEP 35)**

37. **AT THIS TIME, TIGHTEN ALL LOOSE PULLEY CONNECTIONS. PLEASE NOTE THE TWO (2) 2-7/8 IN. CABLE RETAINING CLIPS SHOULD BE POSITIONED AT A 45 DEGREE ANGLE OVER THE PULLEY WHEN TIGHTENING.**

38. **SECURELY** assemble the **SEAT PAD** and the **BACK PAD** to the **BENCH FRAME** as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. LOCK WASHERS, four (4) 3/8 IN. WASHERS.

39. Use one (1) WEIGHT STACK PIN to adjust the desired number of **WEIGHT PLATES** on the **WEIGHT STACK**.

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20. **SECURELY** assemble the **WEIGHT STACK SHAFT** to the **HEAD PLATE**, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER. **(SEE DETAIL B)**

21. Press two (2) WEIGHT PLATE BUSHINGS each, into the top of fifteen (15) **WEIGHT PLATES**. (30 BUSHINGS TOTAL) **(SEE DETAIL K)**

22. Set two (2) WEIGHT STACK CUSHIONS **(RADIUS EDGES FACING UP)** over the holes on the **SUPPORT BRACE** of the **MAIN UPRIGHT**. Insert the two (2) **GUIDE RODS** through the WEIGHT STACK CUSHIONS and into the **SUPPORT BRACE**. Apply a thin film of LUBRICANT to the **GUIDE RODS**.

23. **USING EXTREME CARE**, slide the fifteen (15) **WEIGHT PLATES** down over the **GUIDE RODS** onto the SUPPORT BRACE. **(NOTE: THE KEY HOLE OF THE WEIGHT PLATES SHOULD ALL BE FACING THE INSIDE OF THE MACHINE SEE DRAWING)**

24. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK. (SEE DRAWING)**

25. Slide two (2) RUBBER O-RINGS, and two (2) 13/16 IN. SHAFT COLLARS over the **GUIDE RODS. (IN THAT ORDER)**

26. Before assembling the **TOP BOOM** to the **MAIN UPRIGHT** make sure the **GUIDE RODS** are parallel with the **UPRIGHTS**. Then slide the **TOP BOOM** over the **GUIDE RODS** and onto the **MAIN UPRIGHT CONNECTOR PLATES. (NOTE: SEE DRAWING FOR THE CORRECT WAY TO ASSEMBLE THE TOP BOOM TO THE MAIN UPRIGHT)**

27. Secure the **TOP BOOM** to the **MAIN UPRIGHTS**, using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

28. Slide the two (2) SHAFT COLLARS up the **GUIDE RODS** to the **TOP BOOM. (TIGHTEN ALLEN HEAD SCREWS)** Also slide the two (2) RUBBER O-RINGS up the **GUIDE RODS** to the SHAFT COLLARS.

29. Attach the WEIGHT STACK LABELS **(#15 to #155)** to the **WEIGHT STACK PLATES. (SEE DETAIL B)**

30. **SECURELY** assemble two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS, and two (2) 2-3/8 IN. CABLE RETAINING CLIPS to the **TOP BOOM** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) SPACERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. **(NOTE: POSITION THE CLIPS VERTICALLY BEFORE TIGHTENING) (SEE DETAIL F)**

31. **LOOSELY** assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY and one (1) 2-7/8 IN. CABLE RETAINING CLIP to the **PULLEY MOUNT FLAT** on the **MAIN UPRIGHT** as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DETAIL E)**

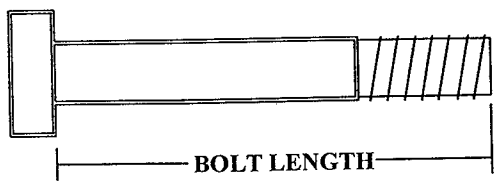
068 SELECTORIZED LEG CURL & EXT. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

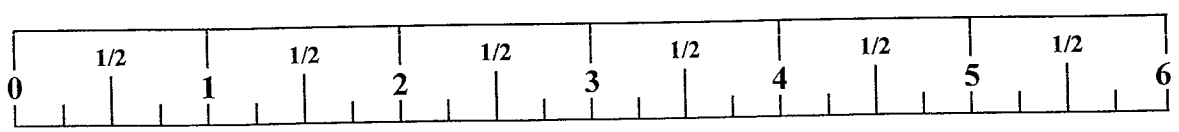
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	MAIN UPRIGHT	**(6266301)**	1
2.	TOP BOOM	**(6265601)**	1
3.	BASE CONNECTOR	**(6266901)**	2
4.	UPRIGHT CONNECTOR	**(6267201)**	1
5.	BENCH FRAME	**(6267501)**	1
6.	LEG PEDESTAL	**(6265701)**	1
7.	ADJUSTABLE ROLLER PAD SLEEVE	**(6239601)**	2
8.	LEG CURL HANDLE (LEFT)	**(6268301)**	1
9.	LEG CURL HANDLE (RIGHT)	**(6268401)**	1
10.	LEG EXTENSION HANDLE	**(6268101)**	1
11.	GUIDE ROD	**(6310602)**	2
12.	ROLLER PAD SHAFT	**(6125101)**	3
13.	WEIGHT STACK SHAFT	**(6266001)**	1
14.	PRIMARY CABLE	**(6266101)**	1
15.	BACK PAD	**(6218301)**	1
16.	SEAT PAD	**(6217801)**	1
17.	ROLLER PAD	**(6194601)**	6
18.	HEAD PLATE	**(6223001)**	1
19.	WEIGHT PLATE	**(6214501)**	15
20.	3-1/2 O.D. X 1 IN. BUSHING PULLEY	**(3116201)**	2
21.	4-1/2 O.D. X 1 IN. BUSHING PULLEY	**(3116101)**	4
22.	2-7/8 IN. CABLE RETAINING CLIP	**(6166701)**	2
23.	2-3/8 IN. CABLE RETAINING CLIP	**(6266201)**	2
24.	WEIGHT STACK LABELS	**(6246801)**	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



IMPORTANT:

- **THE BODYSMITH SELECTORIZED LEG CURL & EXTENSION MACHINE MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.**
- **PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.**

*** IMPORTANT ***
KEEP ALL LOOSE FRAME CONNECTIONS
LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert two (2) 2 IN. SQ. END CAPS into each end of the **BASE RUNNER** on the **MAIN UPRIGHT**.

2. **LOOSELY** assemble the two (2) **BASE CONNECTORS** to the **MAIN UPRIGHT** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

3. Insert two (2) 2 IN. SQ. END CAPS into each end of the **BASE RUNNER** on the **BENCH FRAME**, and one (1) 2 IN. SQ. END CAP into the **TOP END** of the **SUPPORT POST** on the **BENCH FRAME**.

4. **LOOSELY** assemble the **BENCH FRAME** to the two (2) **BASE CONNECTORS** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

5. Slide one (1) 1 X 8 IN. GRIP onto the **HANDLE** of the **UPRIGHT CONNECTOR**, and one (1) 1 X 8 IN. GRIP onto the **LEG EXTENSION HANDLE. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)**

6. **LOOSELY** assemble the **UPRIGHT CONNECTOR** to the **MAIN UPRIGHT** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

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7. **LOOSELY** assemble the **LEG EXTENSION HANDLE** to the **BENCH FRAME** and the **UPRIGHT CONNECTOR** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

8. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**

9. Slide two (2) 1 X 5 IN. GRIPS onto the **LEFT** and **RIGHT LEG CURL HANDLES. (SEE NOTE IN STEP 5)**

10. **SECURELY** assemble the **LEFT** and **RIGHT LEG CURL HANDLES** to the **BENCH FRAME** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLT, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

11. Assemble the **SPRING PIN ASSEMBLY** to the **SPRING PIN HOUSINGS**, on each end of the **LEG PEDESTAL**, using two (2) KNOBS, two (2) PLUNGERS, two (2) SPRINGS, two (2) SPACERS, and two (2) COTTER PINS, using the following steps:

    A. Assemble the KNOB to the PLUNGER.
    B. Insert the PLUNGER through the first hole of the HOUSING.
    C. Slip the SPRING and the SPACER over the end of the PLUNGER. **(IN THAT ORDER)**
    D. Insert the PLUNGER through the second hole of the HOUSING.
    E. Pull back SPACER on the PLUNGER and insert the COTTER PIN through the hole.
    F. **(SEE DETAIL A)**

12. Insert four (4) 1-1/2 IN. SQ. END CAPS into each end of the **SPRING PIN HOUSINGS** of the **LEG PEDESTAL**.

13. Disengage the **SPRING PIN ASSEMBLY** and Slide the two (2) **ADJUSTABLE ROLLER PAD SLEEVES** into each end of the **LEG PEDESTAL**, as shown on drawing until the **SPRING PIN** engages in hole.

14. Insert two (2) 2 IN. SQ. END CAPS into each end of the **LEG PEDESTAL**. Also, insert two (2) FLANGE BEARINGS into each end of the **BUSHING** on the **LEG PEDESTAL**.

16. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **SUPPORT PLATE** of the **BENCH FRAME**.

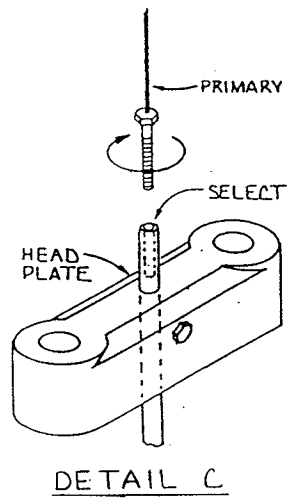
17. Assemble the **LEG PEDESTAL** between the **NECK FLATS** of the **BENCH FRAME** as shown on drawing, using one (1) 1/2 X 3-1/4 IN. BOLT, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. **(NOTE: TIGHTEN CONNECTION COMPLETELY, THEN BACK NUT OFF 1/4 TURN)**

18. Assemble four (4) **ROLLER PADS**, two (2) on each end of the **LEG PEDESTAL** as shown on drawing, using two (2) **ROLLER PAD SHAFTS**, four (4) 3/4 I.D. PLASTIC WASHERS, and four (4) 3/4 IN. STAR LOCK COLLARS. **(NOTE: BE SURE THAT THE ROLLER PAD SHAFT IS INSERTED THROUGH THE HOLE OF THE ADJUSTABLE ROLLER PAD SLEEVE)**

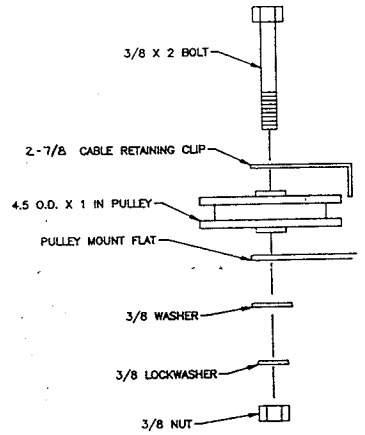
19. Also assemble two (2) **ROLLER PADS** to the **BENCH FRAME** as shown on drawing, using one (1) **ROLLER PAD SHAFT**, and two (2) 3/4 IN. STAR LOCK COLLARS.

DASH NO	DESCRIPTION

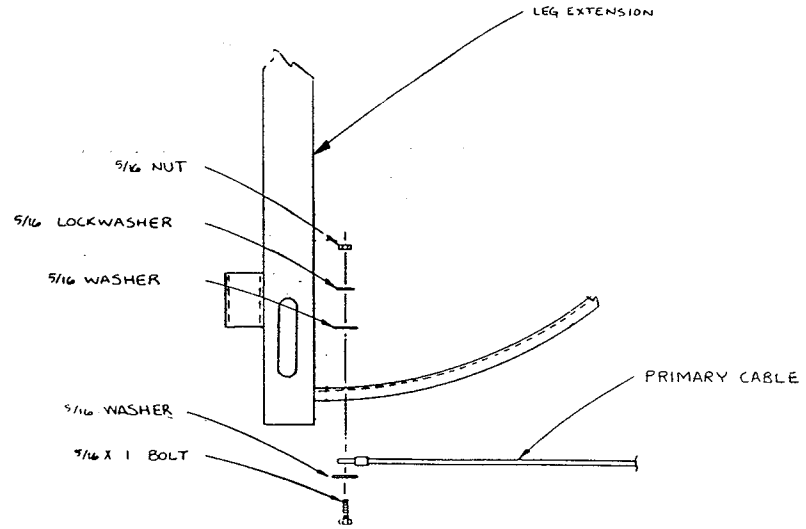
REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
B				



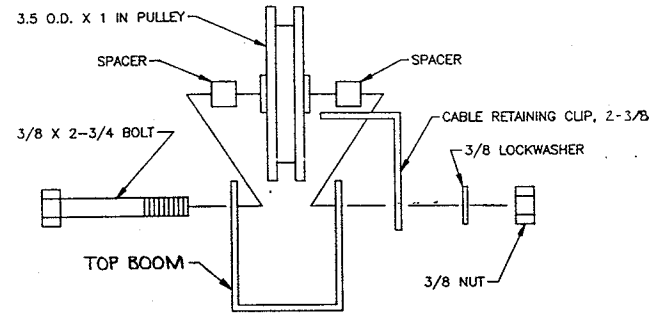
DETAIL C



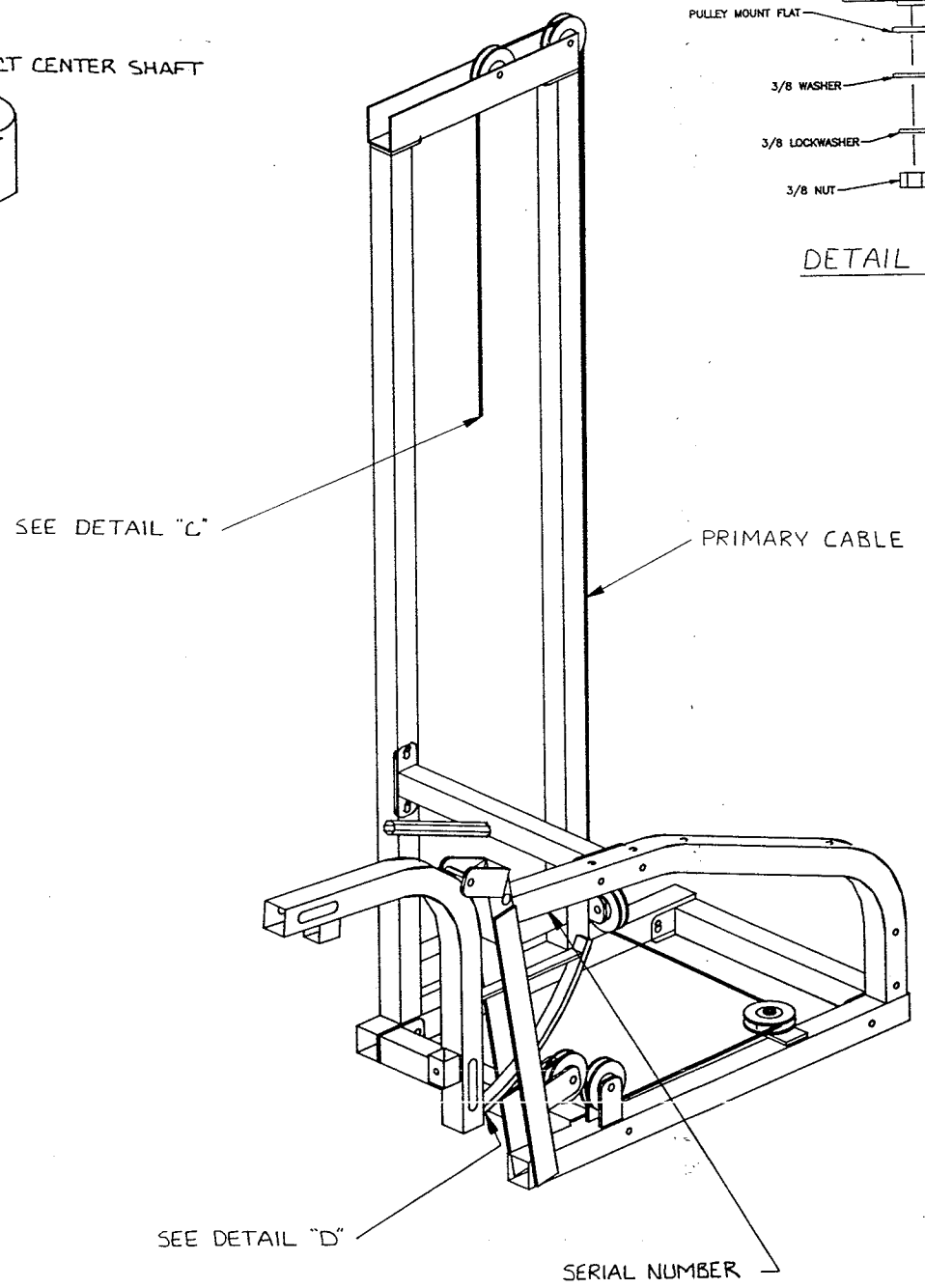
DETAIL E

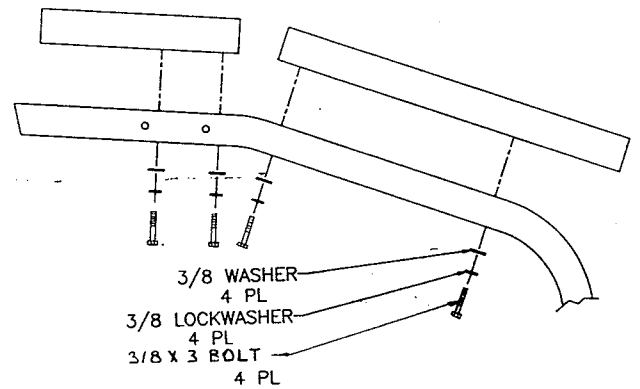


DETAIL D

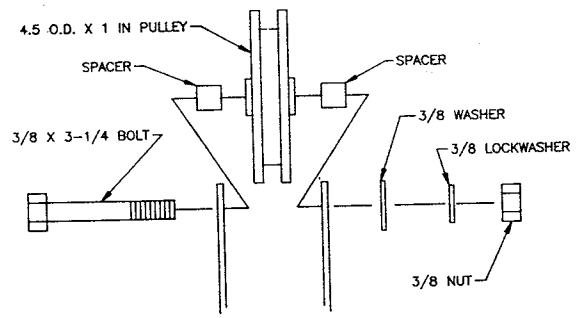


DETAIL F

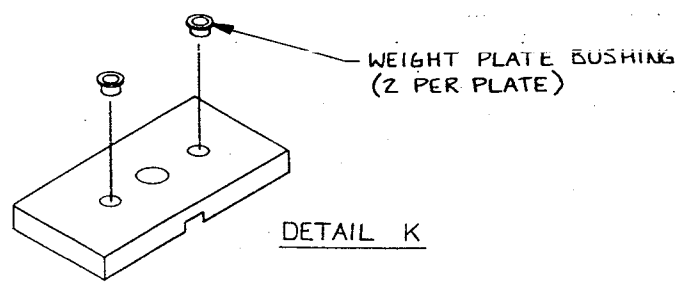




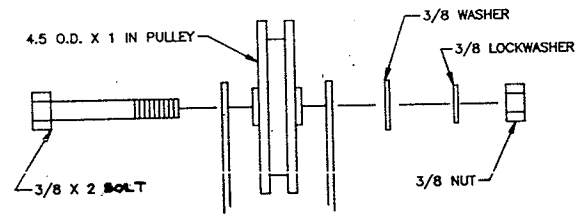
DETAIL J



DETAIL G



DETAIL K

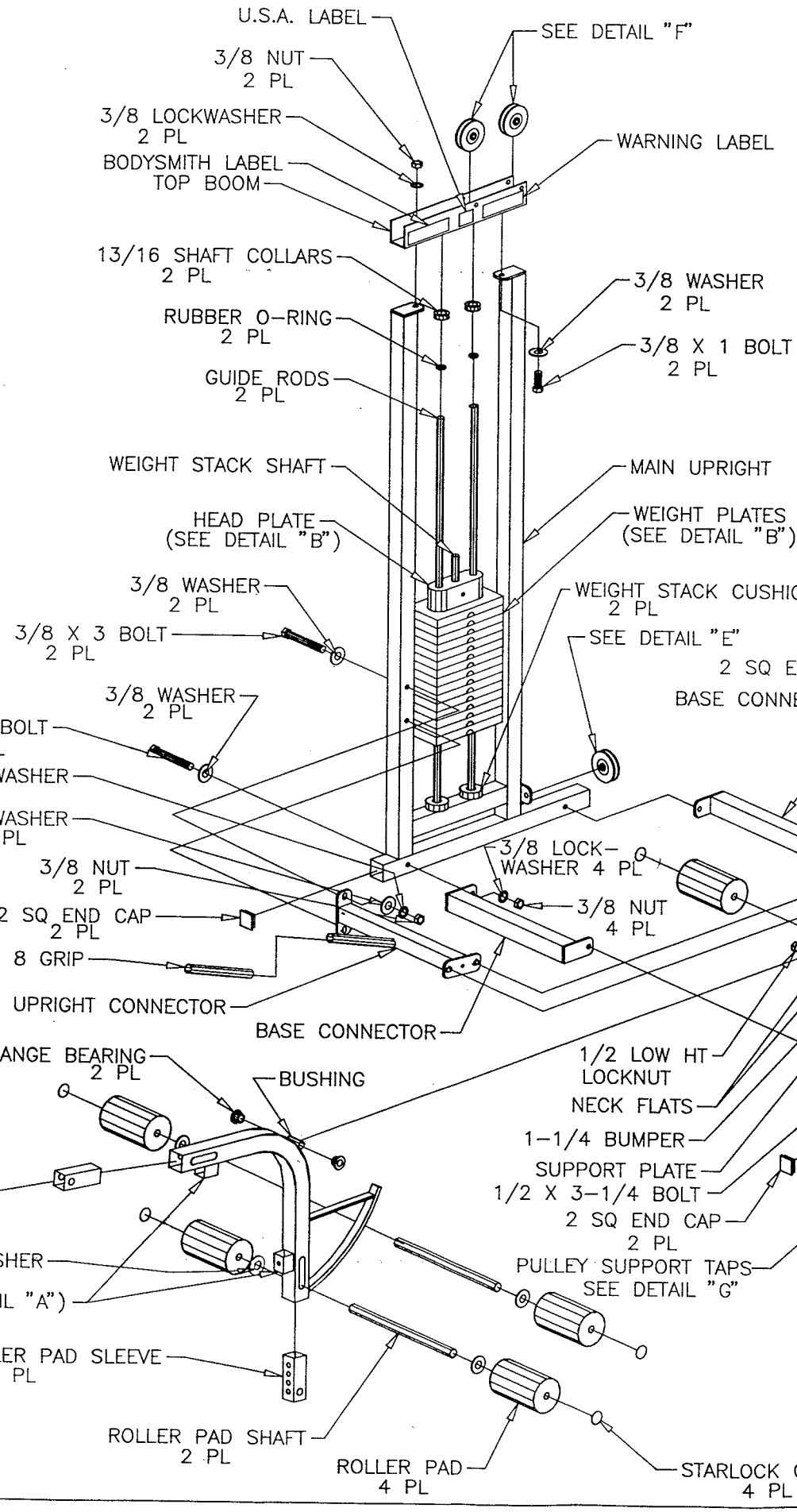


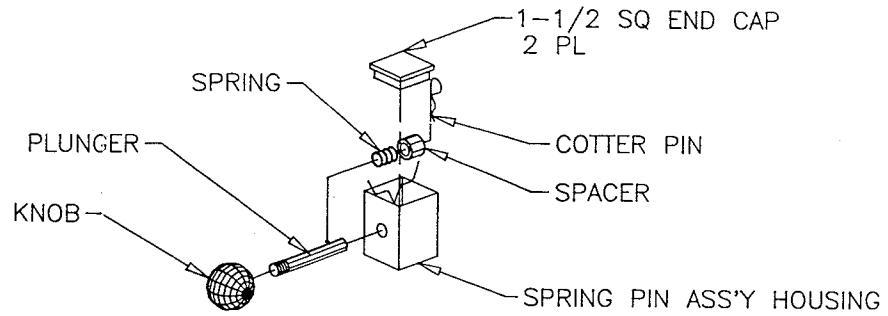
DETAIL H

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE SELECT. LEG CURL/ EXTENSION, F/A	DR J ERICKSON	6/17/02
		CHK'D	
FRACTIONAL ~		APP'D	
ANGULAR ~	SCALE NONE / SHEET 2 OF 2	SIZE B	DRAWING NO. PBF068

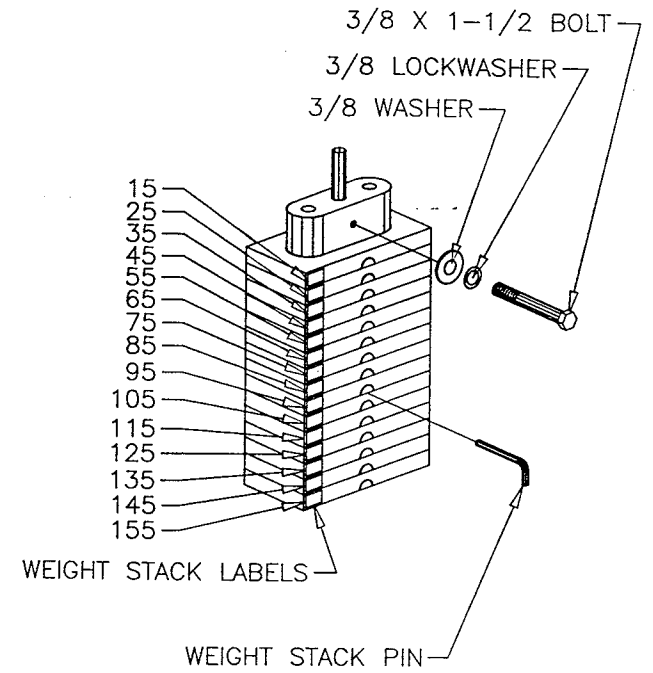
DASH NO	DESCRIPTION

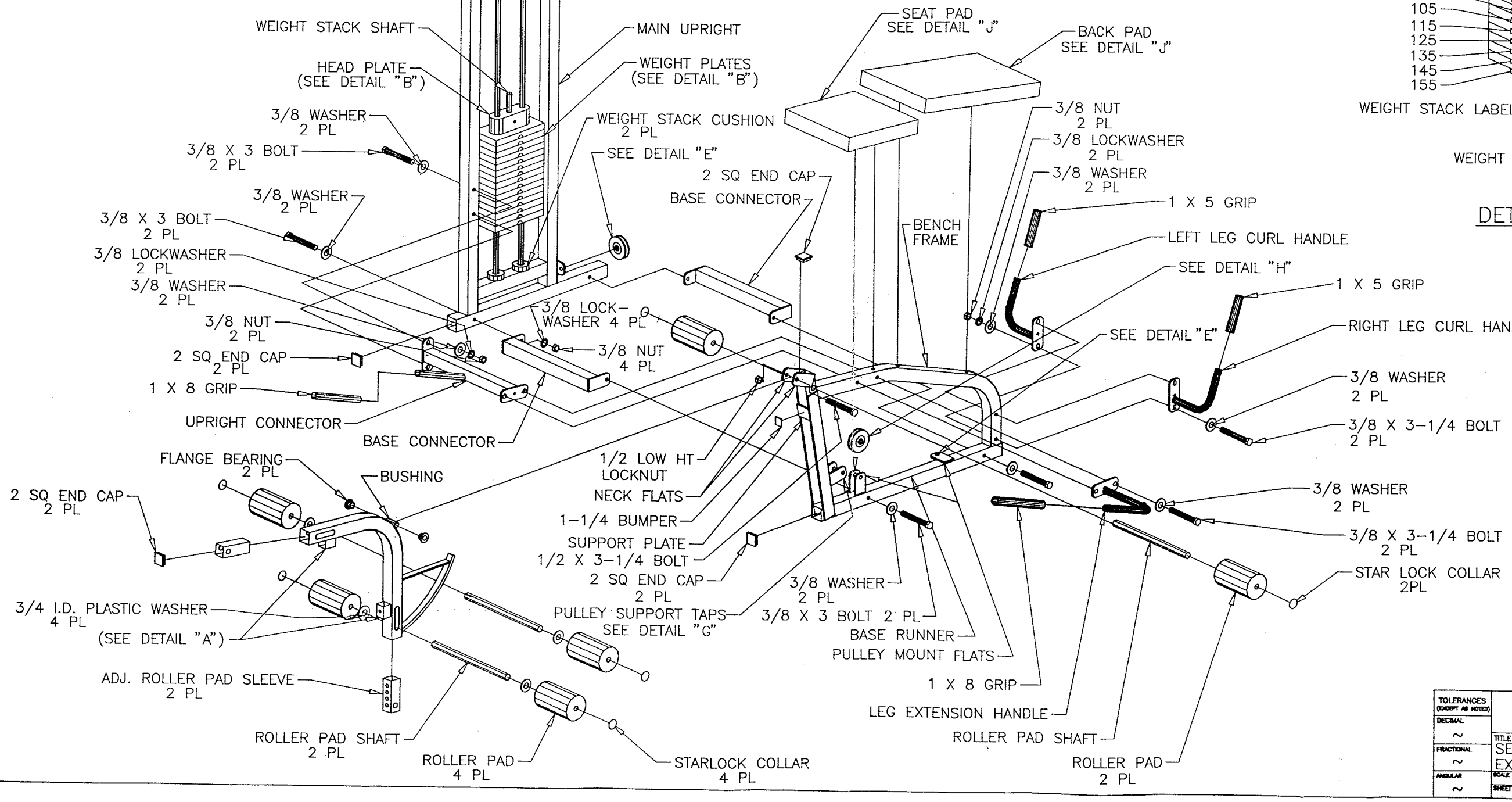
REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE			
B	CHG BOLT DESC. ON DETAIL H	1996		3/13


U.S.A. LABEL
SEE DETAIL "F"
3/8 NUT 2 PL
3/8 LOCKWASHER 2 PL
BODYSMITH LABEL TOP BOOM
WARNING LABEL
13/16 SHAFT COLLARS 2 PL
3/8 WASHER 2 PL
RUBBER O-RING 2 PL
3/8 X 1 BOLT 2 PL
GUIDE RODS 2 PL
WEIGHT STACK SHAFT
MAIN UPRIGHT
HEAD PLATE (SEE DETAIL "B")
WEIGHT PLATES (SEE DETAIL "B")
3/8 WASHER 2 PL
WEIGHT STACK CUSHION 2 PL
3/8 X 3 BOLT 2 PL
SEE DETAIL "E"
3/8 WASHER 2 PL
3/8 X 3 BOLT 2 PL
3/8 LOCKWASHER 2 PL
3/8 WASHER 2 PL
3/8 NUT 2 PL
2 SQ END CAP 2 PL
1 X 8 GRIP
UPRIGHT CONNECTOR
BASE CONNECTOR
3/8 LOCK-WASHER 4 PL
3/8 NUT 4 PL



DETAIL A




SEAT PAD SEE DETAIL "J"
BACK PAD SEE DETAIL "J"
3/8 NUT 2 PL
3/8 LOCKWASHER 2 PL
3/8 WASHER 2 PL
1 X 5 GRIP
LEFT LEG CURL HANDLE
SEE DETAIL "H"
1 X 5 GRIP
RIGHT LEG CURL HANDLE
SEE DETAIL "E"
3/8 WASHER 2 PL
3/8 X 3-1/4 BOLT 2 PL
3/8 WASHER 2 PL
3/8 X 3-1/4 BOLT 2 PL
STAR LOCK COLLAR 2PL
2 SQ END CAP
BASE CONNECTOR
BENCH FRAME
FLANGE BEARING 2 PL
BUSHING
2 SQ END CAP 2 PL
1/2 LOW HT LOCKNUT
NECK FLATS
1-1/4 BUMPER
SUPPORT PLATE
1/2 X 3-1/4 BOLT
2 SQ END CAP 2 PL
PULLEY SUPPORT TAPS SEE DETAIL "G"
3/4 I.D. PLASTIC WASHER 4 PL
(SEE DETAIL "A")
ADJ. ROLLER PAD SLEEVE 2 PL
ROLLER PAD SHAFT 2 PL
ROLLER PAD 4 PL
STARLOCK COLLAR 4 PL
3/8 WASHER 2 PL
3/8 X 3 BOLT 2 PL
BASE RUNNER
PULLEY MOUNT FLATS
1 X 8 GRIP
LEG EXTENSION HANDLE
ROLLER PAD SHAFT
ROLLER PAD 2 PL

DETAIL B

TOLERANCES (UNLESS OTHERWISE NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE SELECT LEG CURL EXTENSION, F/A	DR J ERICKSON	6/12/92
FRACTIONAL ~		CHK'D	
ANGULAR ~		APP'D	
	SCALE NONE	SIZE B	DRAWING NO. PBF068
	SHEET 1 OF 2		